

**DHSS Healthy Breakfast
Cook-off**

National Nutrition Month

2011



Fresco Garden Frittata—Submitted by Ellen Whittington

(Serves 8) Heat oven to 350 degrees

- ½ lb of mushrooms (whatever kind you like) sliced or diced
- 1 lb of fresh baby spinach leaves (rinsed and dried)
- 3 scallions
- ¼ cup of red onion, small dice
- 2 Tbsp of clarified or real butter
- 1 Tbsp of olive oil
- 1 Tbsp of French herbs (typically has a version at store or mix together-rosemary, thyme, marjoram)
- 1 Tbsp of Adobo seasoning (if you don't have this, just add some, garlic, salt, pepper, dry mustard)
- 1 jar of marinated artichoke hearts (drained, chopped)
- 8 eggs (beat vigorously till frothy adding 1/8 cup of light cream or milk)

Directions

1. Let oil, butter heat up over medium to low heat, add above ingredients leaving spinach to last after scallions, onions and mushrooms have melded together and are cooked half through.
2. Add spinach letting heat/steam wilt the spinach down, stirring gently until everything is mixed.
3. Add Spices. Then remove from heat and add chopped artichoke hearts.
4. Drain off excessive juice from skillet before adding eggs. (okay for a little juice, but if everything is swimming...get it down to ¼ cup of juice or less)
5. For same morning cooking, leave ingredients except for eggs in large oven proof skillet turning it down to medium low heat. Add eggs evenly across ingredients, put lid on while eggs begin to set, about 5-10 minutes depending on your stove top. Once eggs are set (top can still be kind of loose), sprinkle cheeses over top, do not put lid back on skillet, put in oven and cook until done about another 5-10 minutes depending on your oven. Insert toothpick for doneness.

Winner of Best Overall
and Best Presentation



You can cook the above ahead the night before if you want and transfer to an oven baking dish and then add beaten eggs over and let the whole dish set over night. Next morning add your favorite cheeses on top and cook about 30 minutes at 350 degree check with toothpick for doneness.

Fresco = Fresh, add some fresh bell peppers slices, (all colors) as a topping or dice the peppers up and let family/friends add after it's been served up. Serve fresh fruit/melon as a side and if you want bread it is best with croissants or popovers.

This recipe can be revised to include seasoned croutons on bottom of baking dish if you do the "overnight" version of the recipe. Just use your favorite crouton as a single flat layer, add veggies, then eggs (increase eggs by 2 and milk from 1/8 cup to ½ cup), let set over night. Again, add your cheese before cooking and increase time to 45 minutes.

TEX – MEX Breakfast Tacos—Submitted by Ellen Whittington (Serves 8)

Large Skillet

¼ lb of ground turkey

¼ lb of ground sausage (lean/mild—you can use hotter if you know everyone will like it)

(Note: I use Moser's brand breakfast sausage from store in Holts Summit – it is extremely lean and well made almost no grease, yet enough to help the turkey from being dry)

1 Medium size jalapeno (remove seeds, small dice cut)

8 oz Mushrooms (use any kind, but I prefer the small baby portabella's)

¼ cup of yellow onion (small dice)

1 to 2 tsps of Chipotle seasoning

1 to 2 tsps of ground cumino

1 to 2 tsps of cilantro (if you can find it fresh, 4-5 sprigs, clean, dry, rough chopped)

10 eggs, well beaten



Winner of Best Grab-
and-Go Breakfast

(Note: For the seasonings, taste as you go, if you like a little spice you probably won't want 2 teaspoons. If you do like spices, you may want double of everything...TASTE AS YOU GO!)

Directions:

1. Cook everything but the eggs over medium heat, adding the seasoning at the end.
2. At this point you can do one of two things, remove everything to warming tray and cook eggs by themselves or scooch everything to one side of skillet, add a pat of butter to open space, add eggs, cook ¾ through, begin to join sausage mixture to eggs while finishing cooking. Remove immediately from heat...do not overcook eggs – yuck!
3. If you have a cast iron skillet you can warm up your tortillas there, put a stack of 8 in the skillet, turning frequently by picking up turn over, pick up just the top half that you just turned over and turn it over as this puts the tortillas that are the hottest in the middle warming up the others, do this 4 times and all will be heated. Or if you need speed, wrap them in a towel; use the reheat feature of your microwave and heat for about 1 ½ minute, open door and flip for another minute, keep in towel while you get shredded cheese, sour cream and any other toppings ready.
4. Lay tortilla out, spread a spoonful of sour cream down middle, sprinkle cheese (use Queso Fresco cheese – tangy goat cheese if you want authentic Tex-Mex, or get Mexican blend already shredded in dairy case), using large serving spoon – lay down mixture of sausage/egg, roll tortilla and EAT.

Tacos are meant for “on the go” so keep it simple. You can add Pico De Gallo” or some Picante inside the tortilla but be careful or you will have a mess of food on your shirt! To make it into a Burrito, get the larger tortillas, make it bigger, roll it up and add red or green sauce, more cheese, put in oven for cheese to melt, you can add sour cream and avocado sit down and eat.

Oatmeal Chocolate Pecan Breakfast Cookies—Submitted by Sue Kemp

Ingredients:

1/2 cup reduced-fat canola margarine (8 grams fat per tablespoon), with plant sterols, if desired
3/4 cup dark brown sugar, firmly packed
1/2 teaspoon salt (optional)
2 teaspoons vanilla extract
1 large egg (use a higher omega-3 brand if available)
1/4 cup egg substitute
1 cup whole-wheat flour
1/2 cup unbleached white flour
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground clove
1 1/2 cup 100% whole grain rolled oats
3/4 cup walnut or pecan pieces (coarsely chopped can also be used)
1 cup high-cocoa bittersweet or semisweet mini or regular chocolate chips

Source: <http://www.webmd.com/food-recipes/features/healthy-breakfast-recipes-for-people-in-a-hurry>

Directions:

1. Preheat oven to 350 degrees. Line two cookie sheets with parchment paper or coat nonstick cookie sheets with canola cooking spray.
2. In large mixing bowl, beat margarine, brown sugar, salt (if desired), and vanilla with electric mixer until well blended and fluffy (about 2 minutes), scraping side of bowl halfway. Beat in egg, then egg substitute.
3. In medium bowl, combine flours, baking soda, cinnamon, nutmeg, and clove. Add flour mixture all at once to margarine mixture and beat on low speed just until mixed.
4. With wooden spoon, stir in oats, nuts, and chocolate chips.
5. Use a slightly heaping cookie scoop to drop dough balls (about 3 tablespoons) onto prepared cookie sheets; press down on the balls slightly if flatter cookies are desired.
6. Bake 10 minutes or until lightly golden. Remove cookies from oven, cool on wire rack. Store in an airtight container.

Yield: 22 breakfast cookies

Nutrition Information: Per serving: 194 calories, 5 g protein, 26 g carbohydrate, 7.5 g fat, 2.6 g saturated fat, 2.2 g monounsaturated fat, 2.5 g polyunsaturated fat, 10 mg [cholesterol](#), 3 g fiber, 98 mg sodium. Calories from fat: 36% Omega-3 fatty acids = 0.4 gram, Omega-6 fatty acids = 1.7 grams.

Not Your Grandma's Scones—Submitted by Sue Kemp

To make 8 scones, use half of the amount of ingredients, form into a smaller circle, 3/4-inch thick, then cut into 8 wedges. Cooking time should be the same.

Ingredients:

- 1 cup fat-free sour cream
- 1 teaspoon baking soda
- 2 cups whole-wheat flour
- 2 cups unbleached white flour
- 1/2 cup granulated sugar (use Splenda to replace 1/4 cup of the sugar, if desired)
- 2 teaspoons baking powder
- 1 teaspoon salt (optional)
- 1/4 teaspoon cream of tartar
- 1/2 cup reduced-fat margarine or whipped butter (if soft, chill in freezer, then cut into small pieces)
- 1/2 cup light or Neufchatel cream cheese (block), cut into small pieces
- 2 tablespoons fat-free half-and-half (or low-fat milk)
- 1 large egg (use a brand higher in omega-3s, if available) or 1/4 cup egg substitute
- 3/4 cup dried fruit of your choice (blueberries, cherries, cranberries, raisins, currants, chopped dates, or dried apricots)
- 2 teaspoons finely chopped lemon or orange zest (optional)

Source: <http://www.webmd.com/food-recipes/features/healthy-breakfast-recipes-for-people-in-a-hurry>

Directions:

1. Preheat oven to 350 degrees. Coat a large baking sheet with canola cooking spray or line with parchment paper.
2. In small bowl, blend sour cream with baking soda; set aside.
3. In food processor bowl, combine flours, sugar, baking powder, salt (if desired), and cream of tartar by pulsing for about 5 seconds. Add margarine or whipped butter pieces and cream cheese; pulse to cut them in to the flour mixture (you can use a pastry blender or electric mixer with a paddle attachment if you don't have a food processor).
4. In the large mixing bowl, combine the flour and butter mixture with the sour cream mixture, fat-free half-and-half, and egg. Blend on low speed just until dough forms. Fold in dried fruits and lemon or orange zest (if desired) by hand.
5. Turn the dough out onto a lightly floured piece of wax paper and knead a couple of times. Roll or pat the dough into a 3/4-inch-thick round. Cut this into 16 wedges; place them 2 inches apart on the prepared baking sheet.
6. Bake for about 20 minutes or until golden brown on the bottom.

Yield: 16 scones

Nutrition Information Per scone: 220 calories, 6 g protein, 38 g carbohydrate, 6 g fat, 2 g saturated fat, 2 g monounsaturated fat, 1.7 g polyunsaturated fat, 19 mg cholesterol, 3 g fiber, 202 mg sodium. Calories from fat: 24%. Omega-3 fatty acids = 0.2 gram, omega-6 fatty acids = 1.5 grams.

Warm Banana Dip—Submitted by Brandy March and Teresa Skaggs

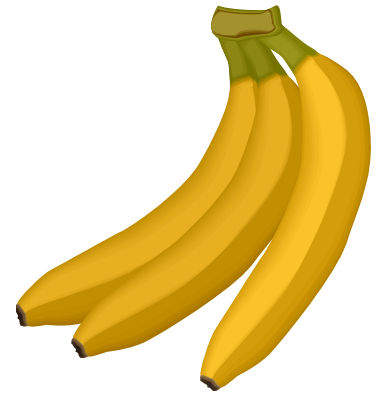
1 tsp brown sugar
1 tsp vanilla
¼ cup orange juice
2 ripe bananas

Mix all ingredients into a pan on medium/low heat. Cook for 3-5 minutes. Mash bananas with fork against the side of the pan until smooth and set aside.

French Toast

4 egg whites (I added 2 whole eggs and 2 egg whites)
¼ cup of milk
1 tsp cinnamon
Pinch of nutmeg

Whisk together in a bowl. Dip whole grain or wheat bread into mixture and cook on skillet until golden brown.



AM Egg Spread—Submitted by Sandy Hentges

Mix together:
6 hard boiled eggs mashed with beater
2 Tbsp light ranch dressing
Chopped scallions or green onions
Salt and pepper to taste

Serve on top of whole wheat bagels or toast.



Winner of Most Colorful

DHSS Healthy Breakfast Cook-off **2011**

TT's Heart Healthy Breakfast Parfaits—Submitted by Takako Tagami

Layer the following items:

About ¼ - ⅓ cup of Dannon No-Fat Plain Yogurt

About ¼ cup of Quaker – Natural Granola (Oats, Honey, & Raisins --- Made by Heart Healthy Whole Grain)

Fresh Sliced Strawberries

Fresh Sliced Banana

Fresh Blueberries

Fresh Kiwi

Frozen Sliced Peach

Top the parfaits off with a few blueberries to give them more color.

